Part 2

Baking soda

By Shirley W. Walton
Extension Agent

Last week I shared with you some information concerning how you can use baking soda to help with household activities. This week I wish to share some more ideas for the use of baking soda in the home.

Coping with stress is something we all have to learn. When you feel tension creeping up, take time to indulge in a relaxing baking soda bath. Fill the tub with the amount of warm water you usually use and add ½ cup or more baking soda. Be sure to soak for a few peaceful minutes to get all the benefits for mind and body. Not only will you feel renewed, but the baking soda will leave your skin smooth and soft. (This is much cheaper than some of your expensive bath oils and salts.)

Plastic housewares run the gamut from fuctional food storage containers to stylish cutting boards and appliance parts like the food processor bowls and bases. Whatever the item, many plastics scratch, stain easily and tend to retain food odors. Once again, baking soda can come to the rescue. In a solution or straight from the box, its gentle abrasive action cleans the plastic but won't scratch or dull the surface. Baking soda's deodorizing ability neutralizes any food odors that linger.

Although many people are scrupulous about having squeaky clean hair, they often overlook the condition of their combs and brushes. These should be kept clean or oily residues will attract dirt to the hair. To clean them satisfactorily, fill a basin with warm water and baking soda solution and allow the brushes to soak for five minutes. Then swish them through the water, rinse and let dry. Baking soda removes the soil without leaving an oily residue. While you are at it, why not clean your make-up brushes also. Mix a fresh baking soda solution and swish the brushes through the water in a circular motion. Rinse and stand them in an upright position to dry.

A good energy saving idea is to operate dishwashers only when full, but for singles and small families it may take a few days to accumulate enough dishes to make a full load. You can reduce odors by tossing a handful of baking soda in the bottom of the dishwasher. Baking soda neutralizes the odors to keep the dishwasher interior smelling sweet.

Homemakers, if you have a homemaking question or problem, you may call us at 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522. It's always a pleasure to hear from you and to help you.

Special Announcements:

Historic Appomattox Railroad Festival Bake-Off Contest - The Appomattox County Extension Homemakers will be sponsoring the second Annual Bake-Off Contest on October 11, 1980. All bake-off entries must be placed in the J. A. Burke Insurance Co. Office by 10:00 a.m. on Saturday, October 11. All entries, except decorated cakes, should be placed on a plain paper plate and covered with plastic. This contest is open to any adult, child, 4-H'er or youth. You may enter only one item per class.

Awards will be announced at 4:00 p.m. on Saturday, October 11, 1980. The Best in the Show Award of $10.00 will be given to a child, 4-H'er or Youth and an adult in Classes 1 through 5. The Best in Show Award of $10.00 will also be given to a child, 4-H'er or youth and adult for the Decorated Cake Class.

Each participant is urged to donate their baked goods to an auction at 4:00 p.m. on Saturday, October 11, with all proceeds going to support Special Olympics in Appomattox County. Any items not donated for the auction should be picked up by 4:00 p.m. on Saturday.

Judging will take place from 10:00 a.m. to 12:00 noon on Saturday. Contest entries will then be open to the public to see.

There are two divisions: 1) Adult; 2) Children, 4-H'ers or youth.

The classes are: 1) Pies; 2) Cakes - Weake) 3) Cookies - 3 per entry; 4) Yeast Breads - 3 per entry or ½ loaf; 5) Quick Breads - 3 per entry; and 6) Decorated Cakes.

Why don't you enter this contest and test your baking skills? All entries will receive a ribbon.

Special Homemakers Tour

On Friday, October 17, the Appomattox County Homemakers will sponsor a tour to Williamsburg, Va. The cost of this tour is $10 per person. The tour will leave Memorial United Methodist Church Paking Lot at 7:00 a.m. and return at approximately 7:00 p.m. The cost includes insurance and bus fare for the day. If you are interested, you may call Mrs. Ruby Williamson (352-7277) or Mrs. Margaret Ferguson (993-2877) or the Appomattox County Extension Office. This trip is open to any homemaker in Appomattox County who wishes to participate.

Have a good week, homemakers.

Recipe of the Week
Cottage Cheese Crunch

1 cup cottage cheese
½ teaspoon dill weed
½ teaspoon salt
¼ teaspoon Tabasco
1 teaspoon minced onion
½ cup each chopped celery, radishes and green pepper
Lettuce leaves

Combine cottage cheese, dill, salt, Tabasco and onion. Blend well. Stir in celery, radishes and green pepper. Refrigerate. Make roll-ups by placing a generous spoonful of cottage cheese mixture on each lettuce leaf. Bring up 1 side of lettuce and roll to cover filling. Secure with food pick if desired. (Also makes a flavorful topping for melba toast, tomato slices or green salads.)

Makes 1-¾ cups.

This is being run again especially for calorie counters. It is delicious and nutritious.

New FFA alumni board

FFA Alumni Chapter officers elected

The annual banquet meeting of the Appomattox FFA Alumni Chapter was held on Friday, October 3 at the ACHS cafeteria.

The newly elected officers for the 1980-81 year are Marvin House - Treasurer; Dennis Torrence - Chairman; Richard Carter - Secretary; Bob McClenny - Vice-Chairman; and Hugh Tanner - Member ot the Executive Committee.

The FFA Alumni Association exists to provide support for FFA activities and a tie with former FFA members and friends in the community. Persons who wish to join should contact one of the Association officers or the Agriculture Education at ACHS.

LAWSON
LEASING, INC.
LONG TERM LEASING — DAILY RENTALS
Autos

Trucks
Leasing Fords and Other Makes
CALL DICK BLAND
352-7154 or 352-8221
LAWSON LEASING, INC.
P.O. BOX 278 APPOMATTOX, VA.

Get Back To Basics With the Original
Lincoln Log Homes
"STACK 'N BUILD"

Send $4.00 for illustrated plan book
Authorized Distributor —
Steve & Debra DuVal
P.O. Box 592 — Keysville, Va.
Adirondack
Log Homes
Lincoln Logs Ltd.
Manufacturers of the Original Lincoln Log Homes
Don't be Misled by Imitators
© COPYRIGHT 1979 LINCOLN LOGS LTD.

Food stamp limit reduced

The United States Department of Agriculture reduced the allowable limits for resources in the Food Stamp Program from $1750 to $1500 effective October 1.

The $3000 maximum resource level for two person households, in which at least one person is over 60 years of age, will remain the same.

FFA Citrus Fruit Sale

The Appomattox Senior and Junior FFA Chapters will be selling citrus fruit from October 10-24. Place your order with any FFA member for delicious, fresh citrus fruit from Florida. The fruit will arrive at Appomattox County High School on December 4, 1980. You can pick up and pay for your fruit at that time.

SELLING:

NAVEL ORANGES, TANGELOES, HAMLIN ORANGES, PINK GRAPEFRUIT, AND WHITE GRAPEFRUIT
PRICES SAME AS LAST YEAR

See An FFA Member Today Or Call 352-5602

New cow chow released

By JAMES A. SMITH
Extension Agent

A new variety of Sericea Lespedeza has been released by Auburn University. This variety is the result of a breeding program begun 25 years ago. The variety is called Au Lotan and is reported to be 27% more digestible, 7% higher in protein and 50% lower in tannin content than common sericea.

Seed will not be available until after the 1981 seed crop is harvested.

* * *

With relative high prices for wheat, corn and soybeans, there may be a tendancy to use marginal soils or interrupt established rotation systems next year.

We have proven over and over that when soils are not protected or managed properly, serious erosion occurs. Soil is the basic resource of every farm and must be diligently guarded.

Removal of topsoil by erosion decreases the organic matter, which decreases the nitrogen supplying capacity and lowers the water supplying capacity of the soil. Mixing clay from subsoil into sandy or silty topsoils by plowing as the topsoil becomes thinner also lowers the water supplying capacity and results in less desirable physical characteristics in the plow layer.

* * *

It appears that wildlife may have a hard winter. The mast supply is low. Had some calls about raccoons in stacked silage. Several large coons can tear up a lot of plastic covers in just a few nights. There is no chemical that will retard these animals and there is no label for poisoning.

About the best control that I've seen used is one or two strands of electrified wire--six to eight inches from the ground.

* * *

Had an excellent credit forum at the High School last Thursday night. Some may have had conflicts. We have copies of the handouts if you are interested.

* * *

Don't forget the fencing demonstration Friday, October 17, 10 A.M. at the John and Phil Harrison Farm.

* * *

Fall is an excellent time to lime, but it should be done with the use of a soil test. We strongly encourage fall soil testing.

* * *

Vitavax is the only chemical seed treatment that will control loose smut of wheat and barley. There are dry or dust formulations of Vitavax for use as a drill box treatment, but uniform coverage of all seed is essential for good control.

* * *

Reminder: Cut tobacco stalks and plow out stubbles now. This is an important practice to reduce disease build-up.

* * *

If you grew and sold soybeans between January 21, 1978 and January 20, 1981, you are eligible to be certified for voting in the up-coming soybean referendum.

* * *

Certification forms can be picked up from this office. Completed certification must be filed no later than December 15.

* * *

Gasoline should be carried or stored in approved metal or plastic containers. Glass can break and some plastic will melt with gasoline contact. Limit container size to 2 gallons or less. Store in vented building or shed.

* * *

The Virginia Greenhouse Growers Association meets November 2 and 3 at the John Marshall Hotel in Richmond.

LAST WEEK	1.79
THIS MONTH	1.79
THIS YEAR	25.82

"The South 40" by JAMES A. SMITH EXTENSION AGENT

Young Hearts set trip

The Young Hearts Club will go to Monticello, Ash Lawn and Charlottesville Mall on Oct. 28, leaving Memorial Methodist Church at 7:30 a.m.

The group will eat at the Monison Cafeteria in the mall.

Anyone interested in going on this trip please get your money in by Oct. 18. There are six more seats to fill.

For additional information, call 352-7573.

PARTITION SALE, 48 ACRES VALUABLE LAND
THREE MILES NORTHWEST OF CULLEN, VIRGINIA, ONE-HALF MILE SOUTHWEST OF STATE ROUTE No. 47, ON ROUTE No. 752
IN CHARLOTTE COUNTY, VA.
10 MILES SOUTH OF PAMPLIN

To be offered in two tracts and then as a whole to determine the greatest value.

Under and by virtue of a decree entered by the Circuit Court of Charlotte County, Virginia, the Chancery cause of Stanely Dennis and others vs. Ella Mae Dennis and others, dated August 11, 1980, and seen in Chancery Order Book No. 24 at page 71, in the Circuit Court of Charlotte County, Virginia. The undersigned Special Commissioner will offer for sale at

PUBLIC AUCTION
SATURDAY, NOVEMBER 1, 1980
at 11:00 O'CLOCK A.M.
on the premises

TRACT NO. 1

Consists of 23 acres, more or less, on the south side of the whole parcel. Has around 995 feet road frontage with 6.6 acres open land and the remainder in woodland of growing hardwood timber. There is a one home site with well and septic system. The land is flat to slightly rolling and lays well.

Tract No. 2

Consists of 25 acres, more or less, on the north side of the whole parcel. Has around 650 feet road frontage with 4.8 acres open with the balance in growing pine and hardwood timber. The land is slightly rolling and lays well.

AS A WHOLE, 48 ACRES

The two tracts contain a total of 48 acres more or less, and further described as follows:

All that certain tract or parcel of land situated in Madison Magisterial District, Charlotte County, Virginia, adjoining the lands of F. L. Rockwell, W. H. Thomas, Robert Wyatt and others, containing Forty Eight (48) acres, more or less, and bounded and described as follows. Beginning at a rock at "A" in the center of the road known as J. F. M. White's road, thence along said road N 4°40' E 91.3 perches to corner rock at "B", thence along Robert Wyatt's line N 39° W 511.5 perches to rock at "C", thence along Luther Margis' line S 42° W 71 perches, S 39 ¼° W 36 perches to a corner poplar at "E", thence along H. B. Dodd's line S 45° E 65 1/5 perches to a poplar on W. H. Thomas' line, thence along his line S 80° 48 perches to the place of beginning. This being the identical land conveyed unto Jerome Martin by a deed dated October 13, 1971 from Fred Turner and Dora Turner, his wife, and recorded in the Clerk's Office of the Circuit Court of Charlotte County, Virginia in Deed Book 60 at page 303.

The taxes will be paid on this land through the year 1980.

TERMS OF SALE: Cash, ten percent down on the day of sale, balance upon confirmation of the court and delivery of the deed within 20 days.

Auctioneer
Smith Forestry & Realty Co., Keysville, Virginia
Phone: 736-9955 or 736-9246

Edward [illegible], Attorney at Law
Charlotte C.H. Va. — Phone: 542-5122
Special Commissioner

OLD FASHIONED TRAINLOAD SALE

ENGINEER'S CAP $1.99
PLAID FLANNEL SHIRT $8.00
BROWN JERSEY GLOVES $1.15
THERMO UNDERWEAR
SHIRTS $3.19
Drawers $3.19
Dungarees $10.99
Sweat Shirts $5.99
Bandanas — RED OR BLUE ..... 69¢

Western Denim Jackets $14.99
Denim Jackets (Blanket Lined) $17.99
Bib-O' All $14.99
Coverall (Size 38-46) $17.99
"Star Brand" Work Shoes $27.99

MARSHALL'S DEPT. STORE
DOWNTOWN APPOMATTOX, VA.

Phil Jacobs honored

ACHS Principal Don Armentrout congratulates Philip Jacobs

Principal, Don L. Armentrout of Appomattox County High School announced this week that a local senior is being commended for his outstanding performance in the twenty-sixth annual (1981) National Merit Scholarship Program.

A letter of Commendation from the school and National Merit Scholarship Corporation, which conducts the competition, will be presented to Philip D. Jacobs.

More than one million students entered the 1981 Merit Program by taking the PSAT/NMSQT in 1979. About 33,000 of these students throughout the United States will receive a commendation for outstanding test performance. Commended students rank below the level required for Merit Program Semifinalists--the only participatns who will continue in the 1981 competition for Merit Scholarships. Nonetheless, commended students have shown exceptional promise by scoring among the top five percent of Merit Program participants.

An offer of the corporation stated that "To be designated a Commended student in the Merit Program is an attainment deserving of public recognition. The continued educational and personal development of such students will benefit the entire nation."

Commended students who requested it have been referred as worthy candidates to admissions and financial aid officers at two higher education institutions of their choice. It is hoped that the referral service and Merit Program recognition will result in assistance for these Commended students as they pursue their educational goals.

DECA officers selected for 1980-81 at ACHS

Cornelius Davis, spokesman for the ACHS Distributive Education Club, said last week that DECA officers for 1980-81 have been selected at the high school.

According to Davis, the officers are: Leonard McCormick, president; Skebo Ferguson and Timmy Webb, vice presidents; Linda Irvin, secretary; Lynn Martin, treasurer; Sharon Coleman, parliamentarian; Cornelius Davis, reporter; and Tammy Highfill and Debbie Watson, historians.

These officers are excited about the new year and plan to improve their chapter standing this year, Davis says. Last year the chapter was ranked eighth of 220 in the state.

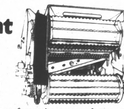
In other DECA news, a student advisory committee has been named for the first time in the history of the Appomattox Marketing and Distributive Education Program, according to Davis.

Members of the newly formed committee are Norman Turner, J. R. Harvey, Arylece Ferguson, Lester Hodges, James Ferguson, and Shelia Carrico.

Skating party planned

As a fundraising activity for their senior trip, the senior class at Randolph-Henry High School is sponsoring a skating party Oct. 13 at A. J. Skateworld in Appomattox.

The party will be held from 7 p.m. to 10 p.m. Everyone is invited, so

BOLD NEW BREED OF FORAGE HARVESTERS
Big throat opening for big capacity!

• All three new Hesston forage harvesters feature a 139 sq. in. throat opening for top capacity.
• Exclusive new Flo-Vanes help increase capacity, save power. Standard on Model 7160; adaptable to Models 7150 and 7140.
$350.00 Cash Rebate
Or
Interest Free To 6-1-81

Powell Ford Tractor
RT. 29 — WRIGHT SHOP RD.
Madison Heights, VA. (804) 845-4524
First with a better way.
HESSTON FARM EQUIPMENT

Horseshoe Tournament
SATURDAY, OCTOBER 11
AT
2 P.M.
AT
HILLTOP HIDEWAY
1ST, 2ND, 3RD PLACE
TROPHIES TO WINNERS
ENTRY FEE — $5.00 per person
FRIDAY & SATURDAY NIGHTS
"BIG JIM DISCO" —9 - until
ADMISSION — FRIDAY NIGHT
LADIES FREE
MEN — $2.00
SAT. NIGHT — $2.00 per person
DOOR PRIZES SATURDAY NIGHT

FREE CHECKING MAY BE SOMETHING YOU CAN'T AFFORD TODAY.

It's natural to want something for nothing. But, as we all know, there's usually a cost attached to most free things. A good example is the free checking that is being offered by some banks. It sounds like a good deal, and in fact at one time it was. That's why we offered free checking for years.

But now there's something that's actually better than free checking: Central Fidelity Bank's Interest/Checking Plan.

This new way to handle your money pays you interest on the money you normally keep in your checking account, by combining the convenience of checking with the interest earning ability of savings. So, you earn interest on all your money until you spend it.

If you're paying nothing for checking, you're probably earning nothing. When you could be earning interest at Central Fidelity Bank in an Interest/Checking Plan.

Central Fidelity Bank
INTEREST/CHECKING PLAN
IT'S BETTER THAN FREE.

Member FDIC

The Interest/Checking Plan is a checking account and a savings account.